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## **Vanilla Spice Chia Pudding**

### **Ingredients**

4 scoops (2 packets) N+B Vanilla Spice Whole Food Shake  
12 tablespoons chia seeds  
4 tablespoons creamy peanut butter (or any other nut butter)  
1/4 cup honey  
4 cups unsweetened coconut milk  
2 teaspoons vanilla extract

### **Directions**

1. Add coconut milk, Whole Food Shake, honey, peanut butter, and vanilla extract to a blender. Blend on high until smooth.
2. Divide mixture into eight mason jars, (or whatever container you'd like), and add 2 tablespoons of chia seeds to each jar. Use a spoon to incorporate the chia seeds into the mixture. Seal jars and shake each one well before placing them in the refrigerator.
3. Refrigerate overnight. Give mason jars a nice shake 45 minutes after refrigeration to make sure chia seeds don't sink to the bottom. Do this a few times to ensure proper blending. If chia seeds are being stubborn, open jar and use a spoon to mix.
4. When mixture is ready, layer with your topping of choice, such as banana slices or fresh berries.